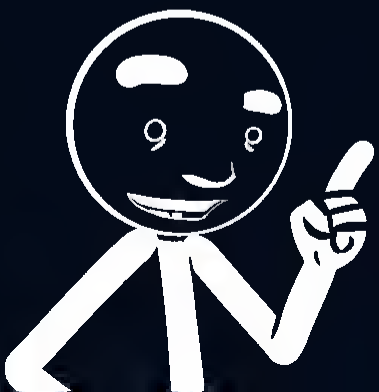
COOKING COMICALLY



AREPAS

A SIGNATURE COLOMBIAN CUISINE

THEIR PRESENTATION AND PREPARATION VARY FROM REGION TO REGION, BUT

THEY ARE EATEN IN EVERY REGION OF COLOMBIA

THEY ARE SERVED BY LARGE COMPANIES, SMALL SHOPS, STREET CARTS, AND HOME COOKED

IN SOME PLACES THEY ARE SERVED WITH EVERY MEAL OF THE DAY

THEY ARE CHEAP, AND INCREDIBLY SIMPLE TO MAKE

YOU CAN EAT THEM PLAIN, DRESS THEM, CUT THEM IN HALF AND USE THEM AS A SANDWICH AND YOU CAN EVEN CUT A HOLE IN THEM AND FILL

THEM UP LIKE PITAS
AND THEY'RE F#@*ING DELICIOUS
SO THAT'S IT
THE SEARCH IS OVER
I'VE FOUND THE PERFECT FOOD

WE'RE DONE

I MEAN... UNTIL NEXT WEEK

INGREDIENTS

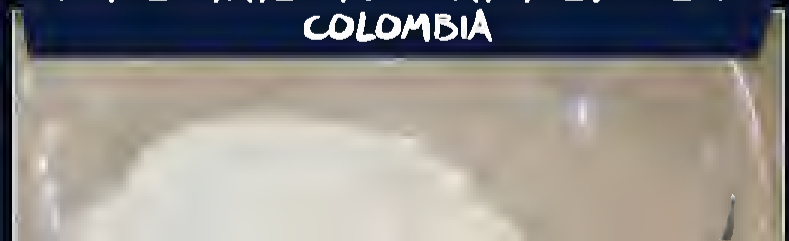
THE AREPAS STUFF

300g	470ml	varies	6g
2 CUPS	2 CUPS	1½ CUPS	1 TSP
P.A.N. FLOUR	MILK	CHEESE OF YOUR CHOICE	SALT

THE OPTIONAL, BUT NOT REALLY STUFF

UP TO YOU	UP TO YOU	UP TO YOU	UP TO YOU
EGGS	SALSA	FETA	PARSELY

IT'S THE CLOSEST THING WE HAVE HERE IN THE STATES TO WHAT THEY USE IN COLOMBIA



A NOTE ON CHEESES

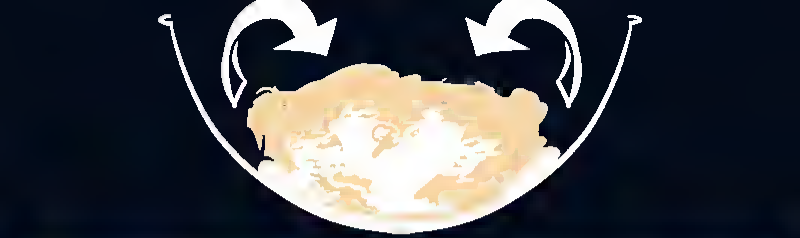
APPARENTLY IN COLOMBIA THEY COMMONLY USE WHAT IS CALLED QUESO SABANERO

THE CLOSEST THING I COULD FIND IN THE STATES WAS QUESO FRESCO

BUT ANY CHEESE WILL WORK REALLY

varies
1½ CUPS
CHEESE
OF YOUR CHOICE
6g
1 TSP
SALT
AND MOZZARELLA IS WIDELY USED HERE
PERSONALLY I'M USING QUESADILLA CHEESE
ADD THE CHEESE AND SALT

AND MIX WELL
470ml
2
CUPS
MILK
THEN THE
MILK GOES IN
STIR IT ALL UP UNTIL
WELL COMBINED



ONCE IT HOLDS TOGETHER

ROLL INTO BALLS

AND SMOOSH FLAT

AND REPEAT

NOW HEAT A SKILLET/GRIDDLE ON MEDIUM HEAT
AND GREASE WELL

TOSS THE AREPAS ON THE HOT PAN

COOK ABOUT 3-5 MINUTES EACH SIDE

UNTIL COOKED THROUGH

SERVE WARM AND —

WHOA, WHOA, WHOA
SURE YOU COULD STOP THERE...
BUT WHY?
WHEN YOU COULD FRY AND EGG...

AND STACK IT ON THE AREPA WITH SALSA, FETA AND GARNISH...

THE NOTES

– As I mentioned in the intro these are extremely versatile and simple. I can

SEE THESE BECOMING A REGULAR STAPLE OF MY KITCHEN.

- SO SIMPLE IN FACT, THAT YOU CAN MAKE THEM WITH JUST 2 CUPS P.A.N. FLOUR AND 2 CUPS MILK/WATER. THE SALT AND CHEESE CAN BE OMITTED OR ADDED LATER.

-GO NUTS. MAYBE MIX IN SOME DICED JALAPEÑO.

- FUN FACT: THIS IS JUST ONE OF ABOUT 75 DIFFERENT WAYS TO PREPARE AREPAS.

- USE WHATEVER CHEESE YOU LIKE, I REALLY DON'T THINK YOU CAN GO WRONG.

- THANKS TO ALEJANDRO AND SARAH FOR THE RECIPE. HOPE YOU'RE ENJOYING YOUR ADVENTURES!

AND AS ALWAYS

THANK YOU FOR READING

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